

true

BEAUTY





True

being in conformance with the actual state, fact, reality, genuine, authentic, sincere

Beauty

quality present in a thing or person that gives intense pleasure or deep satisfaction

true

BEAUTY

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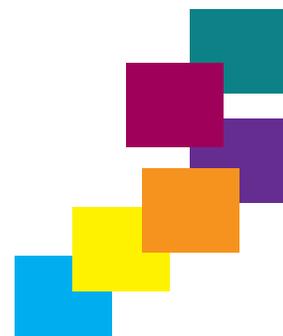
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Guard your heart above
all else for it determines the
course of your life.

Proverbs 4:23



EXQUISITE UNREMARKABLE DORK
ORDINARY SIMPLE NICE
POPULAR SPUNKY
STRANGE STATUS QUO
BIG PRETTY PREDICTABLE
GRACEFUL SPOILED INTELLIGENT
COMPLICATED CRAZY UNVARIED
BEAUTIFUL WIERD BLAND
PLAIN FUNNY HUMBLE
USUAL UGLY DULL BORING
FASHIONABLE WACKY
WHO
FAT
AM COOL
ENTHUSIASTIC
SILLY SLOW
QUICK COMMON
ELEGANT

DEMANDING
MEDIOCRE
PASSION
GENUINE
GOOFY
WOMAN
STRONG
QUICK
TEENAGER
CONTROVERSIAL

Dear Diary,

I know my name, grade, hobbies, stuff I'm good at, and basic things like that... but besides that, I don't really know who I am. Who you help me?

So many times we believe what the people around us say we are – sometimes they believe the best in us, and unfortunately other times we are torn down.

BUT, we have an incredible Creator, and He says you are his precious daughter!! It's true! Thousands of years ago when He created the world and hung the stars in the sky; He was thinking about you. He knew you before your parents existed, and He also even knew the time and place you'd be reading this magazine. He knew when you'd be born, what nationality you'd be born into, and He smiled thinking about your precious face. The love God

has for you is amazing and completely irreplaceable. Nothing on this Earth can compare to the unconditional love God has for you. He is the only one who has given his most prized possession, his son Jesus Christ, to die on the cross for your sins. This single act of love is amazing because it wipes away all your sins and gives you hope and a future. ■



Look at how precious you are to God.

.....
Prayer: God, please forgive me for my sins. Thank you for sending your son Jesus Christ to die on the cross for me, and thank you for your unconditional love. I receive you into my heart, and I ask that you heal my hurts. I don't want to hold onto all the stuff people have said about me or done to me. Please help me to see myself the way you see me; which is loved, accepted and with a huge value. I want to find myself in you. In Jesus name I pray, Amen.
.....

"You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.

You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. How precious are your thoughts about me, O God. They cannot be numbered!"

– Psalms 139: 13-17

Where are you?

- I've come to church before, but I've never really asked Jesus to come into my heart.
- I've invited Jesus into my heart, but I don't really know Him.
- I'm a Christian. I try to be who God says I am, but sometimes it's hard with all the stuff around me.
- The people around me have torn me down. I'm hurt, and it's hard to believe good things about myself.



my GIRLS

Okay so admit it. Do you like to get together with your friends, laugh about the most random things, have girl talk, go to the movies, eat and just hang out?!! If you answered yes, then congratulations! You are a teenage girl!

Friends are so much fun. Whether you have one really good friend, a group of close friends or lots and lots of people you know; you like to surround yourself with fun people who share the same things in common with you.

God also wants you to enjoy friendships. Your true friends will stick with you in the good and bad times, and they're incredibly important for your growth as a person. If you surround yourself with friends who are constantly getting into trouble, then you'll most likely get into trouble. If you surround yourself with friends who read the Bible, then you'll most likely also seek God. If you surround yourself with athletic friends, then you'll most likely also discipline yourself to become a better athlete.

Your friends can influence you for good or for bad, and it's extremely important you choose your circle of friends wisely. In

the Old Testament, there were three friends who stuck together through the good and very rough times. They watched a foreign army invade their home, drag them to a different country and were forced to live under a new regime. That was the life of Shadrack, Meshach and Abednego. These three young Jewish friends were living in Babylon, and they had decided to follow God with all their hearts. One day the king had built a golden image and commanded everyone to bow down and worship it. But, Shadrack, Meshach and Abednego knew that God had commanded them to only worship Him. So, these three brave friends held together, and they didn't bow down. The king found out they had disobeyed his decree, and he was very upset. He sent his officials to force the friends to bow to the image. But, they stood firm. They held their ground and declared they would not worship the king's idol. The king became enraged. He had the furnace heated seven times the normal fire, and He threw the friends in. The friends were not scared because they knew God was with them.



Your friends can influence you for good or for bad, and it's extremely important you choose your circle of friends wisely.

Talk about strong friendships. None of these three friends backed down. They strongly believed in God, and they were all together even to the death. Are the group of friends you hang out with committed to seeking God with all of their hearts, like Shadrach, Meshach and Abednego?

Well, the story doesn't end there. While the three friends were inside the hot furnace, the king suddenly saw a fourth man. That man was the Angel of the Lord, and God had sent him to protect Shadrach, Meshach and Abednego from the flames. It was crazy. The king called the friends out of the fire, and they simply walked out. They weren't burned, and their clothes didn't even smell of smoke. They walked out of the fire because God did a miracle in their lives and saved them from the king's hand.

On top of that, the king then decreed that his entire kingdom worship the God of Shadrach, Meshach and Abednego. The amazing part about this story is that all three guys were great friends, they sought God, and God used them to influence an entire nation!!

Who are your friends? Do you maybe need to choose new friends who will influence you for good? Pray right now and ask God to give you friends who will help you seek God.

To read more about Shadrach, Meshach and Abednego's story, read Daniel 1:1-7 and chapter 3. ■

GOSSIP TIDBITS

It's so easy to talk about other people's dirt and secrets. Right now 26 percent of women have gossiped with more than 3 people about the latest "news" they heard about someone. Gossip topics range from positive stories to arguments between friends to sexual activity and more.

Did you know that you hurt the heart of God when you talk bad about people? Think about this. God has created people. When you speak negative words about His creation; you directly go against God. Rather than gossiping and tearing people down with your words, Jesus wants you to "not conform to this world but to be transformed by the renewing of your mind." (Romans 12:2)

When talking about gossip, the way you make a choice to not conform to the world is by controlling your tongue. Your tongue is very powerful, and Proverbs 18:21 says your "tongue has the power of life and death."



So, next time you feel like sharing gossip with a friend, remember these verses and choose to hold your tongue.

ARE YOUR PARENTS COOL?

“But mom!!! Everybody else is going! Why can’t I go?!?” ... sound familiar? Odds are you’ve felt like this, and said it more than once or twice. Most of the time, teenagers don’t put the words “parents” and “cool” together in the same sentence. In fact, most teenagers don’t think their authority is cool whether they are school administrators, government officials, or church leaders.



You + obedience to your parents = Long and blessed life

If you were born between the 1980s and early 2000s then you're part of Generation Y and referred to as the Millennials. A common characteristic of Millennials is that they don't want anybody to tell them what to do, and they don't like to be corrected. Your generation prefers to have their authority figures coaching them on what to do instead of directly instructing them... sound familiar?

While this is the norm, the fifth commandment in the Bible says, "**Honor your father and mother**" (Exodus 20:12). To honor someone is to respect them and hold them in high regard. How do you treat your parents? Do you disobey them, roll your eyes

when they ask you to do something, yell at them, talk back or hit them? If you do, then you need to ask God to forgive you, and you also need to ask your parents for forgiveness.

Get this - Of all the 6 billion people in the world, God **chose** your parents for you. He has placed them in your life to love, instruct, nourish, protect and provide for you.

Even though it's sometimes hard to obey your parents, you have to do it since God commands it. God says in the rest of the fifth commandment that if children honor their parents then they will "live long in the land the LORD your God is giving" them.

Wow! That's awesome. God promises that if you obey and respect your parents, then He'll give you:

- 1) a long life
- 2) abundance blessings

In the same way that God commands everyone to honor their parents, He has also established **ALL** authority. Romans 13:1-7 talks about how God has placed every single position of authority, and we must submit to them. Yes, this includes listening and obeying that one teacher you don't really like. Your job isn't to see if your leaders (or parents) are acting correctly. God will make sure to work with them individually. All you

need to focus on is to honor, respect, submit and obey your authority. When you do this whole heartedly, you open the doors so that God can give you a long life and so many blessings you can't even count them.

So, what is your choice going to be? Will you choose obedience and blessings, or will you choose to do things your own way and suffer the consequences? Hopefully, you choose obedience, and don't worry. Just watch. One of these days you won't say, "but mom why can't I go;" instead you'll get to smile and say "thanks mom. I'll see you later." ■

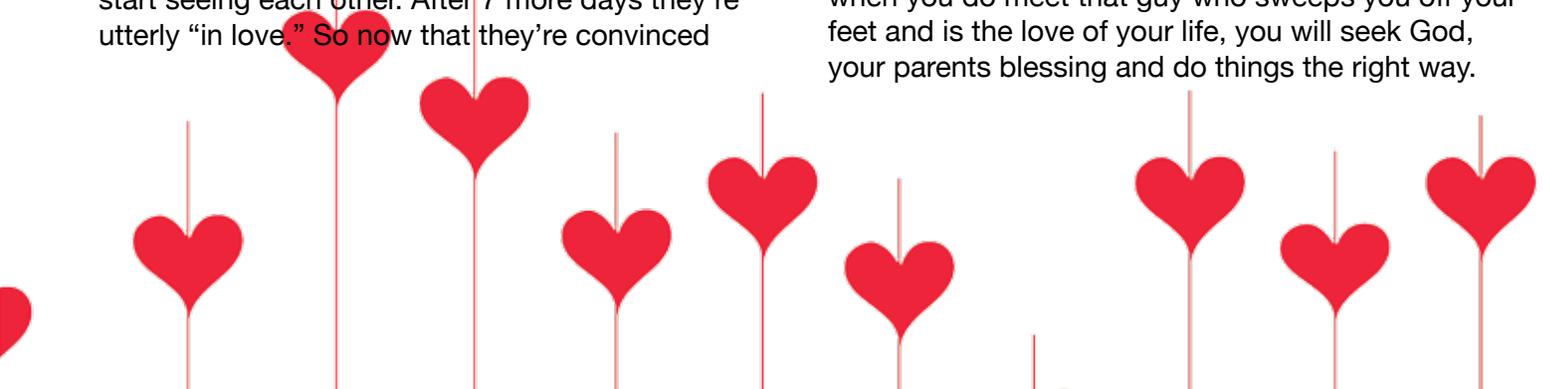


TRUE LOVE

C'est l'amour!! Guy and girl spot each other across the room (at school, friend's house, mall or even church). They end up standing next to each other, talk and realize they have tons in common. They're both cute, and they exchange phone numbers and start texting, facebooking and calling on the phone. They're really into each other and decide to date. But, they want to do things the "Christian" way, so they pray. After 3 days they decide God approves their relationship, and they start seeing each other. After 7 more days they're utterly "in love." So now that they're convinced

they're made for each other, they begin giving each other their heart, body, virginity and life. It's very lovey-dovey and exciting at the moment, but sadly, about 99% of these relationships end in painful heartache.

The problem with this scenario is the guys and girls are rushing into relationships. First off, a romantic relationship should begin when you're ready for marriage. If you're still in school, then odds are you're not truly ready to make this commitment. Secondly, when you do meet that guy who sweeps you off your feet and is the love of your life, you will seek God, your parents blessing and do things the right way.



Ugh!! You could look at the true love test and say whatever. I'm in love. Yeah, I am in school, but I'm not waiting to have a boyfriend. You don't know what you're talking about, and I'm going to do things my own way.

The Bible says in 1 Corinthians 6:12 "everything is permissible - but not everything is beneficial." So, yes you're right. You can do and live whichever way you want. BUT, the Bible stresses that not everything we want is the best for us. You may want to have a boyfriend right now, have sex or just fill your need to be with someone. However, if you follow these desires; you will end up hurt and broken.

God wants you to be happy and avoid heartache.

TRUE LOVE TEST

- 1) Ask God if you should begin a relationship with the guy.
- 2) Wait to receive God's answer - this is EXTREMELY important. God can answer in 3 days, 2 month a year or whenever is His perfect time. Many guys and girls rush this step rather than wait to hear God's answer.
- 3) Tell your parents of God's answer and seek their approval and blessing.

In order to do so, we need to do what the Bible says and "Guard your heart above all else for it determines the course of your life." Proverbs 4:23

So, you need to guard our heart and body. This means not allowing guys to touch your body, waiting until marriage to have sex, and also guarding your heart and emotions.

As you read this magazine, God is preparing your amazing guy! He's working on his character and teaching him how to take care of you. All you need to do right now is seek God with all your heart and do everything with excellence. God will join both

you and your dream guy together once are ready for each other. ■

God's dream relationship for YOU!!

Like Rebekah from the Bible, God has made you into a **beautiful** young lady. Rebekah was sweet, obedient, hard working and incredibly fun. One day she was doing what she was supposed to be doing when she saw a traveler stop by the city well. He looked exhausted and as if he needed some water. The only thing Rebekah had in her hands was a jug, and she offered the traveler a drink of water for him and his camels. Immediately she started serving them and once she finished, the traveler gave her the most beautiful and expensive jewelry she had ever seen. She put it on and the rest is history!! Rebekah didn't have to fight or search out the guy of her dreams. The guy **found her** when she was happy and doing what she was supposed to be doing. Read their love story in Genesis 24!!



ROYALTY

IN TRAINING

CLOTHES & ATTITUDE



Did you know that God wants you to dress and look nice? Proverbs 31:22 says a woman should dress fashionably and clothe herself in elegance.

Wait. Did I understand this correctly? God actually wants me to be into fashion? Yes, that's right. Before you run off to the mall and buy the cutest shoes you can find, we need to set a few guidelines.

1 oneONE

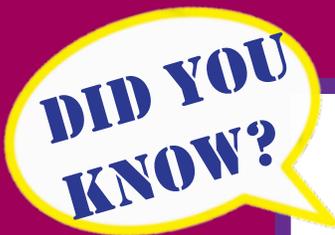
First, know that you are beautiful! The Bible says in Ephesians 4:24 that God creates us in His likeness. So this means that if God is perfect, and He created us like Him, then guess what? That means you and I are drop dead gorgeous.

Second, you need to dress modestly. The apostle Paul says we must “wear modest and sensible clothes” in 1 Timothy 2:9. This doesn’t mean you need to dress like an older person or even wear out of style clothes; rather it means you need to present yourself beautifully and modestly. Your clothes shouldn’t scrunch up, be too tight or reveal your body. One day your husband will know how beautiful your body is, and he’ll feel honored you protected yourself and saved the best parts for him.

TWOtWO 2

3 threeTHREE

Third, you need to behave in a way that glorifies God. Philippians 2:5 says that God desires our attitudes and behaviors to resemble Him. In regards to how you treat guys, this means you must behave respectfully and properly. Of course you can have fun with your guy friends but know your limits. Don’t go around touching or pushing guys, behave overly flirty or act in a sexually provocative way. These actions don’t glorify God and they also don’t present you in the best light. Have fun, enjoy life and act in a way pleasing to God.



If you dress tight and show off your body, then you’ll attract guys who are only after your body. If you act flirty or provocatively, then you’ll attract guys who want more of a heated relationship. If you dress beautifully, don’t accentuate your body, have fun and behave respectfully; then you’ll attract a prince. And this prince will love, treasure and protect you all your life.

which **BIBLICAL HEROINE** are you like?

1. Is your personality more? (choose one)

- a. Teachable
- b. Persistent
- c. Loyal
- d. Pure

2. When God first spoke to you...

- a. You didn't have a strong family background
- b. Things weren't going the way you had planned for your life
- c. You were in the worst situation you've ever been in
- d. You were an ordinary girl

3. You get through tough situations by...

- a. Praying and Fasting
- b. Going to church and crying out to God
- c. Turning to God even though you're not quite sure what to do
- d. Holding onto the Word you were given

4. Your dream husband is...

- a. None other than the king
- b. A husband devoted to you
- c. The richest and sweetest guy in town
- d. The guy you fell in love with in your youth

5. Your life long goal is to...

- a. Influence an entire nation
- b. Do something no one else is doing
- c. Make a difference in your community
- d. Change the course of history

If you answered mostly C's, you're like Ruth. You have hit rock bottom and felt pain and loneliness. You've had some doubt on how to move forward, and God is welcoming you right now with open arms. Let God's LOVE consume you. Relax. He'll take care of you and direct your life. He'll fill you with His love, joy and surprise you by placing you in positions of honor and influence. Read the book of Ruth to learn more about Ruth.

If you answered mostly A's, you're like Queen Esther. You have undergone a difficult upbringing, but you don't need to be sad any longer. Get excited because you have a HUGE potential for your life!! Give God your hurts, be humble and have a teachable spirit. God is building your character, and when you least expect it, He'll raise you to a position of authority and influence. Read the book of Esther to learn more about Queen Esther.

If you answered mostly B's, you're like Hannah. You have a lot going for you, but there are some stuff in your life causing you much pain. Don't give up. Right now is the time you need to do something totally different. Depend on God with ALL your heart, cry out to Him, and rest knowing He is in control. God is getting ready to bless you abundantly and will use your life as a blessing to multitudes. Read I Samuel 1-2 to learn more about Hannah.

If you answered mostly D's, you're like Mary. You feel like an ordinary girl and as if no one is paying attention to you. This is the time you need to plunge into God. Learn to know Him in the secret. He will reveal Himself to you, and give you an AMAZING calling. Your job is to pray for your calling, prepare yourself and wait. He will use your life to touch the generations of all the Earth. Read Matthew 1 and Luke 1 to learn more about Mary.



your
SPECIAL GIFT



You are very special. God created you just the way you are. He gave you your eye color, made you talented at certain things (sports, music, academics, etc), and designed an amazing and huge plan for your life. He gave you your five senses, and He also placed inside you the desire to have sex. Yes, this is true. We are all sexual beings, and God created sex. The Bible says that God is good, and everything He makes is good. So this means that sex is good too.

God created sex so that a husband and wife could enjoy an intimate relationship together and also to have children. God's design for sex in marriage is exciting, passionate and fun. The entire book of

Songs of Solomon describes the king's passionate relationship with his wife, and gives us a guide on how exciting sex and marriage are.

The reason sex is intended for marriage is because a man and woman literally join together in sex. They're joined physically, emotionally and spiritually, and that level of relation is only appropriate between husband and wife.

Fact: the guy of your dreams will respect you and honor your body. 1 Corinthians 13:4-7 declares that true love is patient. If a guy is pressuring you to have sex before marriage, then he truly doesn't love you. A guy who loves you will wait for you.

You might ask, why is it so important that my husband receive my virginity? The reason is that your husband, a man of God, will make a commitment to love, protect, provide and care for you for his entire life. God will show Him how valuable you are, and your husband will treat you with the uttermost love and care. Get this: God loves you so much He's preparing that amazing man for you (even as we speak), and this man will love and treasure you. He is the one your virginity is intended for.

Pray today and make a commitment to God that you will save your virginity, your precious gift, and one day give it to your husband. ■

If it's hard for you to stay a virgin, follow these five steps:

- 1. Never ever be alone with a guy. (this includes the car, movies, house, etc.)**
- 2. Start hanging around a new group of friends who don't pressure you to have sex.**
- 3. Pray and ask God to fill you with His Presence.**
- 4. Memorize Romans 12:2**
- 5. Ask your parents and church youth leaders to counsel and help you.**

You can only give your virginity to one person, and God mandates that person be your husband.

Girls are born with a thin piece of tissue called a hymen, and the hymen partially blocks the vagina. When a girl has sex for the first time, the hymen tears, and there is bloodshed.

Oops



Now what?

Is this fixable?

You really liked this one guy... and you had sex. Maybe you felt lonely, wanted to feel loved and accepted, or maybe you were curious. Maybe you wanted to fit in with a certain group or desired to impress the guy you like.

You may have not have even stopped there. You may have had multiple sexual partners or become addicted to pornography along the way.

Whichever may be your situation, you most likely feel dirty, used, confused, angry or hurt. You



If you want to choose life like Deuteronomy 30:19 says, if you want a second chance, if you want a life full of abundant blessings, then you must do your part:

- 1) Ask Jesus to forgive you of your sins, tell Him you receive the gift He gave you on the cross and commit to following Him with your life.**
- 2) Begin reading 4 chapters of the Bible every day, read 1 chapter of Proverbs and 3 chapters in Matthew.**
- 3) Become a member in your local Spirit-filled church.**
- 4) Reach out to a youth leader or pastor and ask them to counsel you. They can help you work through your individual issues.**
- 5) Flee from temptation - cut off any relationships, entertainment or social media that causes you to sin sexually.**

that He has already paid the price for ALL your sins. (Yes, including your sexual sins)

Jesus wants to heal all of the broken pieces of your heart and give you TRUE life in Him. In Jesus you will be completely satisfied (Philippians 4:19), and He will provide for each one of your needs, even the smallest details (Psalms 23:1).

Yes, the truth is you did mess up by disobeying God and having sex outside of marriage (this is called fornication). But the awesome news is that no matter what you have done, Jesus accepts and loves you with all His heart (John 3:16).

So, you have a choice. Deuteronomy 30:19 says that today you must choose life or death, blessings or cursing. ■

may not even see a way out, but wait the Bible has great news for you!

Jesus came to Earth. He passed through temptation, betrayal, and suffered a painful death so that you could have hope and a future. Get this: Jesus loves you so much

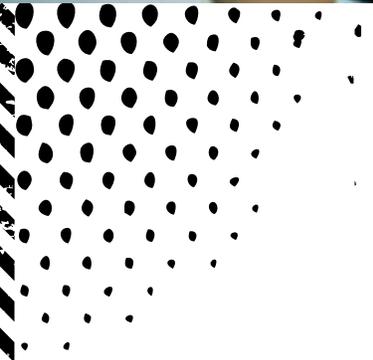
Facing reality

Condoms and other forms of birth control aren't 100 percent safe. You may be pregnant. If you are, talk with your parents and trusted church leaders. You can also receive support by calling a Christian pregnancy hotline 24 hours a day at 1-877-423-6786 or by visiting their website at www.christianadoptionhotline.com

You may also have a sexually transmitted disease (STD). Even if you do not have physical symptoms, you may be carrying an STD. Be safe and have a doctor examine you.



my public EXPRESSION



Everyday hundreds of thousands of people log onto Facebook, Twitter, Instagram, blogs, chat rooms, instant messaging and more. People want to be connected with each other, and right now 96 percent of youth in the U.S. have Internet pages. You most likely have a couple different Internet pages yourself.

As a user, these pages are fun because you can post pictures, let your followers know what you're doing and thinking, see what your friends are up to and

catch up with long distance family and friends.

Let's face it - Internet social media sites are cool. Their popularity will increase in the next years, and it's important as daughters of God that we present ourselves in a way that brings honor to Him (yes, we can even glorify God through the Internet!)

The Bible says, "Trust in the LORD with all your heart and lean not on your own understanding. In all your ways acknowledge him, and he will direct your paths. Do not be wise in your own eyes; fear the LORD and shun evil." – Proverbs 3:5-7

This means that even though you may think everything is alright with how you present yourself on the Internet, you need to base your page on what glorifies God instead of what you think is "right." Our society teaches us to live by the humanism ideals. Humanism is a philosophy that basically tells people they can create their own truths and do whatever they feel

and choose is right for them. This thought may sound okay at the surface because it lets people do whatever they want. But, the reality is that this directly goes against the Word of God. Jesus said, "I am the way and the truth and the life. No one comes to the Father except through me." (John 14:6)

This means Jesus is the real truth, and we need to align ourselves with Him. The way we align ourselves to God online is by re-evaluating the information we're posting. Every comment, picture, music and image we post reflects who we are. Take a moment to think about your own pages. What stuff have you posted? Be honest. Is it filled with sexually provocative pictures/words, hateful language, too much personal information sharing what you're doing or thinking, or does it reflect any activities/actions that don't glorify God? If so, then it's time to sit down, talk to God about what information you're revealing online and do a clean sweep through your pages. ■

Q&A

Q: Is God as up to date as I am?

A: God is hip, trendy and really likes new stuff. Did you know that every single morning He forms a never-ever-before seen sunrise??! He's truly creative and a complete genius. Sometimes we don't like to wear the same shirt over again in the same week, and look at God. He never repeats His creation - every single person, fingerprint, snowflake, and sunrise are different and original masterpieces!!

Steps to honor God with your Internet sites

1. Engage in friendly conversation - no venting, cutting others down or sharing your deepest secrets.
2. Post pictures that are fun and modest – no pictures with provocative poses or clothing that reveals your body.
3. Post pictures that reflect positive activities.
4. Don't use cuss words.
5. Delete any comments people post using cuss words or language that cuts others down.
6. Never post your personal contact information or meet an Internet "friend" you don't know in real life.
7. Be mindful of what time you're online (especially when you're speaking with someone from the opposite sex). It's unwise to chat at late hours of the night or even during the wee hours of the morning.

Who should I become?

Noble

of an admirably high quality, superior, excellent

Virtuous

person who bases their life on moral and ethical principles

Love. Love. Love. Everyone and all the songs seem to be talking about love, but do I even know what true love is? True love is that unconditional and supernatural love that made Jesus give us **His life** in such a painful way on the cross. **True love** is when you unconditionally accept someone and sacrifice yourself for that person. Jesus loves you in that way, and He wants you to also love like Him. It means you need to truly love Him above all things and you also need to love the people around you. So, if you're up to it... Pray the Holy Spirit fills you with the **agape love** and teaches you how to love the way Jesus does.

There are lots of interesting and successful women around you that you can imitate. You could follow the lives of the European royals, American heiresses, movie stars, athletes and musicians. You can also try to follow the example of your mom, aunts, sisters and teachers. You could also try to be like Queen Esther from the Bible or Mother Theresa.

Basically, you have tons of role models to choose from whether they be from modern pop culture, your practical everyday life or even historical figures.

So....who does God want you to live like? Have you ever asked yourself who does He want you to become?

First off, God made you just the way you are. He created every single detail about you, and His thoughts about you are completely precious. Take a moment right now to read Psalms 139: 13-18 to find out how wonderful God thinks you are!

Second, God wants you to become the woman of Proverbs 31. This chapter and the chart on page 23 details the character of a virtuous and noble wife. ■

How to become the woman of Proverbs 31

Simple: You must love the LORD your God with all your heart, all your soul and all your mind. You must also love your neighbor as you love yourself (Matt; 22:37-40)

Huh? I don't get it. What does loving God and loving my neighbor have to do with becoming the woman God wants me to be?

Easy. You do not need to worry about becoming all the little details of Proverbs 31. If you can learn to **truly love** God with all your heart, then you will naturally become the woman of Proverbs 31.

How do I love? You need to love like God loves. This supernatural love is called agape, and it's so much better than our human conditional love. Agape love isn't based on feelings. It's a joyful decision to put others before yourself; it's unconditional and completely sacrificial. Only God can put this agape love inside us. Pray and ask the Holy Spirit to teach you how to love.

VERSE	MUST HAVE QUALITIES
v. 10	more valuable than precious stones
v. 13	hard working
v. 15	nurturing
v. 15	orderly
v. 16	intelligent
v. 16	careful with money
v. 17	energetic, full of life
v. 17	strong
v. 18	resourceful
v. 19	works with all her strength
v. 20	helps broken people
v. 20	welcomes hurt and needy people into her arms
v. 22	fashionable
v. 22	clothed in elegance
v. 24	creative
v. 25	excellence and nobility are inside her
v. 25	does not fear the future
v. 26	speaks with wisdom
v. 26	kindly gives direction
v. 27	not lazy
v. 30	her beauty is not solely skin deep
v. 30	Fears the Lord She respects God, acknowledges who He is and her need for Him and then she obeys Him.

*...the woman
of Proverbs 31*





In this magazine we've talked about purity, how to make the right choices and given you tips on how to live a pure lifestyle... But you might still ask yourself, "What's the big deal? Why do I have to be pure?"

The Bible instructs us in Proverbs 4:23 to "guard our hearts above all else." Guarding means to keep your heart from danger by not doing things that can harm it. Guarding also means to protect your heart by not allowing polluted or unclean things to come into it.

Hold up. You're not supposed to live in an isolated castle and keep to yourself. God didn't create us to be separated from each other; rather, He designed us to be in communion with one another. We guard our hearts by making decisions and doing things that glorify God.

It's so important to God that we guard our hearts because our "heart determines the course of our lives." (Proverbs 4:23b) The truth is God has amazing and wonderful plans for your life (Jeremiah 29:11), and He wants you to have a pure heart so that you can hear His voice and go and

do what He's called you to do.

Do you want to know what is super important to Jesus? I'm talking something extremely important. It's something so BIG that this was the last thing He said on Earth before He ascended into Heaven.

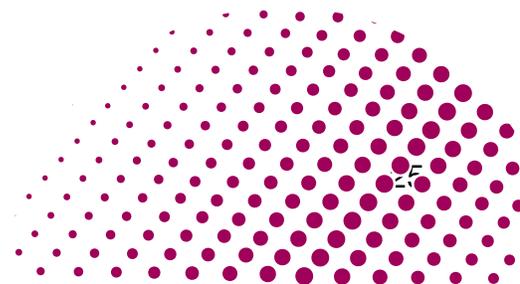
Jesus said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."
Matthew 28:18-20

God wants you to be pure, be full of His spirit and tell people about Him. In Mark 16 He explains that He wants us to go out and speak His name to all creation, that you will speak in new tongues, you will drive out demons, you'll lay your hands on the sick and they'll be healed. Whoa! God wants to do all of this through you!! Now before you run off and begin planning a mission trip around the world, you first need to go out to your community. ■

TIPS FOR GOING INTO YOUR COMMUNITY:

1. Read your Bible and pray. God wants to put His words into you.
2. Be baptized in water and be filled with the Holy Spirit.
3. Go outside your room and tell your family, friends and neighbors what God has done in your life. You don't need to use any fancy words. Just tell people what God has done for you.
4. Keep repeating steps 1-3.

THE GREAT COMMISSION





Don't be concerned
about the outward beauty
hairstyles, expensive jewelry,
or beautiful **clothes**.
You should
clothe yourselves instead
with the **beauty** that comes
from **within**, the
unfading beauty
of a **gentle** and quiet spirit,
which is so **precious**
to **God**. | Peter 3:3-4

True Beauty readers,

We congratulate you for taking a step to be different!! Living a pure lifestyle isn't exactly the popular thing teenagers do nowadays, but Jesus promises us in the Bible that our lives will be filled with abundant blessings when we follow His Word.

Somewhere along the way teenagers have opted out of living a life of purity because they mistakenly envision it to be a boring life filled with strict regiments and a never-ending "do not do list." Maybe we've given them that false impression, but today is your chance to stand up and make a difference.

Being pure isn't about taking the fun out of life. Purity is making decisions that place you in right situations. Purity is about surrounding yourself with people that encourage you to strive for a closer relationship with God. Purity is having a clean heart. The amazing part about guarding your heart and protecting what goes into it is that Jesus declares in Matthew 5:8 that "Blessed are the pure in heart for they will see God."

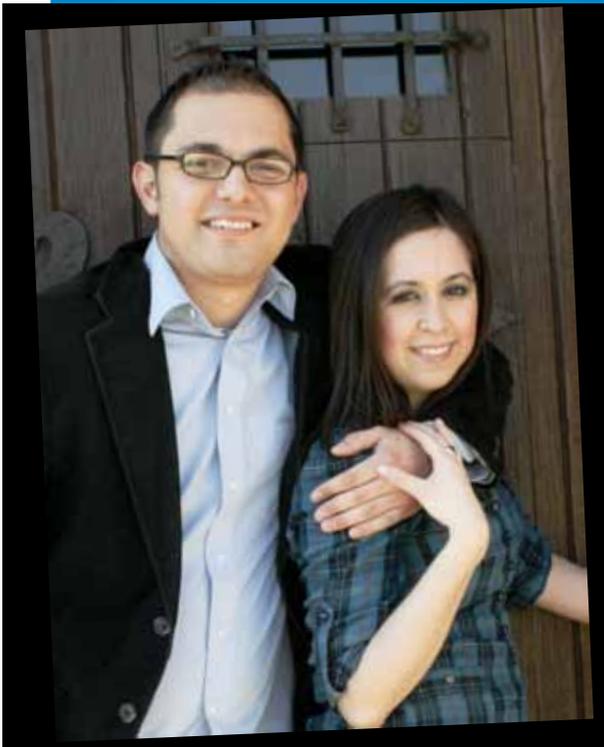
Our prayer for each one of you is that you'll see God. Only God can completely satisfy you. He loves you unconditionally, and we pray that you will continue this journey you have embarked in seeking a deeper life of purity for the rest of your life.

With love,

Danny and Becky Diaz

For questions and feedback, please e-mail info@mdfmckinney.org

This magazine was designed by Judith Trevino. To contact the design editor, email judith@thecloudmediagroup.com





**Guard your heart above all
else for it determines the course
of your life.**

Proverbs 4:23

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McKINNEY



901 N. McDonald Suite, 400
McKinney, TX 75069

Visit mundodefemckinney.org for more information.